



Outdoor Recreation

Gardening: Herb Gardens 480-350-5201-Learn the basics of herb care and create a working plan of herbs that grow well in the desert. Both landscape and container planting will be discussed along with usage of herbs. Fee: \$11.
2461 18yrs+ M 6/12 6-7pm KRC

Gardening: Irrigation 480-350-5201-Proper irrigation provides a healthy environment for plants. Find out how to install, maintain or fine-tune your watering system. Learn great tricks to save money and time Fee: \$17.
1456 18yrs+ M 8/7 6-8pm KRC

Gardening: Vegetable Gardens 480-350-5201-Want organic vegetables grown in your backyard? Learn how to plant, fertilize, and care for your vegetable garden naturally. Fee: \$11.
1457 18yrs+ M 7/10 6-7pm KRC

Float Test

The float test is conducted during the first session of class at a City of Tempe pool, usually Kiwanis Recreation Center. Students will be asked to float, tread water and/or swim unassisted for ten minutes. Please come with shorts and a T-shirt to float in, as well as a change of dry clothes. A presentation on rowing safety and a class introduction will be held at the pool as well.

Rock Climbing and Rappelling-Basic instruction on fundamentals and techniques of climbing, as well as knot tying and methods of belaying. Adults 18 years+ only. Participants need to arrive 15 minutes prior to class start time to be fitted for shoes and complete waiver form. Fee: \$44.
2468 18yrs+ W 6/14-6/28 6:30-9:30pm ROC

Discover Scuba-For those who think they might like to learn how to Scuba dive, this is your chance to "test the waters". This workshop will give you a hands-on look at what the sport is all about. You will learn about equipment, safety and certification requirements. Wear your swimsuit and bring a towel, you will be able to get into the pool with an instructor and try out the equipment. Fee: \$40.
2469 16yrs+ Tu 6/20 6:15-8:45pm OCP
2470 16yrs+ Th 7/13 6:15-8:45pm OCP
2478 16yrs+ Sa 7/22 10am-12:30pm OCP

Rowing

Junior Rowing-Junior refers to high school age rowing or anyone 18 years old or younger. Rowers spend their first year as a Novice rower; learning the technical skills and gaining the physical fitness needed to produce a smooth, stable boat. At local competitions, novice rowers race against other novice rowers leveling the playing field and creating some exciting race opportunities. After completing the novice year, rowers enter into the Varsity class to improve their skills and fitness and to focus on upcoming races. There is more emphasis on boat speed and selection; A squads and B squads are formed, and the team will race locally as well as going on the road to race.

Novice-Recreational Row/Juniors-Come join the Novice rowing team and learn the basics of the sport with other beginners and be eligible to race in local competitions on 7/29. Float tests* will be held on 6/2 at a local pool for all first timers. Instructor: Alicia Stuebner, Tamara Eneboe, Elizabeth Butler. Fee: \$90.
2622 13yrs+ M/W/F 6/5-7/28 7-9am TTLM

Varsity Row-Juniors-For rowers that have completed their novice year and have taken the Varsity class. Varsity Rowing fine-tunes the skills you have learned to create fast racing boats and build a competitive team. Local racing on 7/29. Instructors: Alicia Stuebner, Tamara Eneboe, Elizabeth Butler. *Prerequisite: 4 Sessions Novice Rowing.*
2623 13yrs+ M/W/F 6/5-7/28 7-9am \$90 TTLM

Adult Rowing

Adult Rowing encompasses anyone who is 18 years old or older. Whether you are an accomplished competitive rower or if you have never seen a rowing shell before, we have a class for you.

Beginners will take the Learn to Row I course to get introduced to the very basics of rowing. Learn to Row II will allow you to improve your new found skills (or remember your old rowing skills!) and prepare to join the Novice Rowing Program. The Novice Rowing Program gives you the opportunity to row as a team; form boats and, possibly, put your skills to the test at one of our local rowing races.

Intermediate/Fitness rowing focuses on the enjoyment of rowing a shell and getting a great workout in the process.

Competitive/Advanced Rowing is for those who have had one or more years of rowing experience and some racing experience. This group focuses on competitive rowing and competing in local, regional and national regattas.

Learn to Row 1-Designed exclusively for first time rowers, this course will lead you through the basics of the sport of rowing. Participants must be able to pass the 10 minute float test* and have a basic level of fitness. The first class will meet at a local pool for the float test and safety video presentation. Attendance of the first three classes is mandatory. Instructors: Elizabeth Butler, Alicia Stuebner. Fee: \$105.

2611 18yrs+	Sa/Su	6/3-7/2	7:30-9:30am	TTLM
2612 18yrs+	Sa/Su	7/8-8/6	7:30-9:30am	TTLM
2640 18yrs+	M/W	6/5-7/5	5:45-7:45pm	TTLM
2641 18yrs+	M/W	7/10-8/9	5:45-7:45pm	TTLM

Learn to Row 2-Your next step in rowing! This class will build on the skills you learned in LTR I in order to row or cox in an eight or four person shell. The focus will be on developing your rowing skills, fitness and confidence to progress to Novice Rowing. *Prerequisite is LTR 1.* Instructors: Elizabeth Butler, Omar Hassan, Michelle Knowlton. Fee: \$105.

2613 18yrs+	Sa/Su	6/3-7/2	7:30-9:30am	TTLM
2614 18yrs+	Sa/Su	7/8-8/6	7:30-9:30am	TTLM
2642 18yrs+	T/Th	6/6-7/6	5:45-7:45pm	TTLM
2643 18yrs+	T/Th	7/11-8/10	5:45-7:45pm	TTLM

Adult Novice Rowing-Completed Learn to Row I & II and you want more?. This follow-up class to LTR places even more emphasis on skill building and fitness development. Local race participation is an option with this class. *Prerequisite: LTR 2.* Instructor: Michelle Knowlton. Fee: \$110.

2618 18yrs+	T/Th	6/6-7/27	5:45-7:45pm	TTLM
2619 18yrs+	Sa/Su	6/3-7/30	5:30-7:30am	TTLM

Adult Competitive Rowing Program-This course is designed with the serious competitive athlete in mind. Rowers are taught racing techniques, strategy and boat speed development. This class will be building toward the Southwest Regionals. *Prerequisite: One year plus rowing experience, with some racing experience.* Instructor: Bob Neckes. Fee: \$150.

2624 18yrs+	M/W/F	6/5-8/4	5-7am	TTLM
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Fitness Rowing-This class will focus on several aspects of rowing fitness and technique with high performance as a goal. Local, regional and national regatta participation are an option with this class. Instructor: Bill Pavlicek. *Prerequisite: Two sessions Novice Rowing.* This class is repeatable. Fee: \$110.

2607 18yrs+	Sa/Su	6/3-7/30	5:30-7:30am	TTLM
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Outdoor Recreation

Open Row-Mixed boat rowing, trying different lineups as well as combining sweep rowing and sculling. Specific sculling and sweep coaching will be provided for all boats. Prerequisite: 1 session Novice rowing or 1 session Intermediate Sculling. Instructor: Omar Hassan. Fee: \$120.
2620 18yrs+ M/W 6/5-8/2 5:45-7:45pm TTLM
2621 18yrs+ Tu/Th 6/6-8/3 6-7:30am TTLM

Basic Sculling-This Class will teach the student the skills required to row a single, double and quad oared shell. Prerequisite: Learn to Row 2. Instructor: Pete Cannia, Alana Chavez. Fee: \$85.
2625 18yrs+ Sa/Su 6/3-7/2 9:30-11:30am TTLM
2644 18yrs+ Sa/Su 7/8-8/6 9:30-11:30am TTLM

Intermediate Sculling-This class is designed for those wishing further development of their sculling skills. There will be some emphasis placed on boat speed and competitive training. There is an option to participate in local and regional races with this class. Prerequisite: Two sessions basic sculling. This class is repeatable. Instructor: Bill Pavlicek. Fee: \$65.
2626 18yrs+ Sa/Su 6/3-7/2 7:30-9:30am TTLM
2645 18yrs+ Sa/Su 7/8-8/6 7:30-9:30am TTLM

Summer Racing-All summer class participants will be eligible to race in the Mid-Summer Classic on Saturday, July 29 on Tempe Town Lake. Racing will be 500 meters and against local competition.

Erg Fitness-Pilates has nothing on this! Whether you want to hone that competitive edge for the sprint season or if you just want to work off a few winter pounds, this class will supply you with an individualized work-out plan. While there will be mixed experience levels in this class, the workouts will be tailored to the individual. Prerequisite: LTR 2. Instructor: Bob Neckes. Fee: \$55.
2605 18yrs+ T/Th 6/6-6/29 6-7:30pm TTLM
2606 18yrs+ T/Th 7/4-7/27 6-7:30pm TTLM
2646 18yrs+ T/Th 8/1-8/24 6-7:30pm TTLM

480-350-5200 • See page 2 for Code of Location Abbreviations.

Kayak

Moonlight Paddle-Ever paddled by the light of the moon? Now you can with Arizona Canoe & Kayak. We'll fit boats, grab paddles and wear life jackets to launch our boats on Tempe Town Lake under the full moon. Prior experience is not necessary. Bring your swim suit, glow sticks, towel and dry clothes and prepare to howl at the moon. All equipment provided. Must be 18 years or older to participate. Questions: Peter Zwagerman, Arizona Canoe & Kayak 480-755-1924. Fee: \$20 w/boat, \$30 without.
2615 18yrs+ Sa 6/10 8-10pm TTLM
2616 18yrs+ Sa 7/8 8-10pm TTLM
2617 18yrs+ F 8/11 8-10pm TTLM

Beginning Kayaking-Ever wanted to learn how to roll a kayak? Arizona Canoe and Kayak classes are designed for beginners interested in learning how to paddle and roll kayaks. This 16 hour class exposes you to fitting and selecting gear, basic strokes, wet exits, bow rescues, Eskimo roll and boat handling technique for kayaks. Prior experience is not necessary. Whether you're a wannabe river or sea kayaker this is the class you need. Bring your swimsuit and towel and prepared to have fun! Kayaks, equipment and PFDs provided. Must be 16 years or older to participate. Fee: \$185. Questions: Peter Zwagerman, Arizona Canoe & Kayak 480-755-1924.
2608 Sa/Su 5/27, 28; 6/3, 4 8am-12pm ASURC
2609 Sa/Su 6/10, 11, 17, 18 8am-12pm ASURC
2610 Sa/Su 7/22, 23, 29, 30 8am-12pm ASURC
2647 Sa/Su 8/5, 6, 12, 13 8am-12pm ASURC

NEW! Hawaiian Outrigger Canoe Paddling-This class will focus on the technique and types of strokes used to paddle an outrigger canoe. Course designed with the beginner in mind, we are looking to further develop youth outrigger paddling on the lake. Instructor: Wendell Barcelona. Fee: \$30. (ages 12-18)
2653 Sa 6/10 & 6/17 8-10am TTLM

NEW! Sailing for Juniors-A beginning class for young sailors to be taught in one person, 8 foot Optimists. Classes will be taught by Certified US Sailing Instructors and all equipment will be provided by the Arizona Sailing Foundation. Prerequisite: Float test and safety video at the first class. This will be conducted at the Kiwanis Recreation Center. Fee: \$145.
2897 8-14yrs M/W 6/12-6/21 5:30-7:30PM TTLM
2898 8-14yrs Tu/Th 6/13-6/22 5:30-7:30PM TTLM

Register online at <http://pkreconline.tempe.gov> or come to the Rio Salado Operations Center at 620 N. Mill or the Tempe Public Library (2nd Level) to register.



Sports Activities for Adults

Adult Team Sports Leagues

480-350-5200

The City of Tempe Parks and Recreation offers a comprehensive adult sports league program. Please call for registration information.

Organizational meetings are a requirement for league participation and are held at the following facilities:

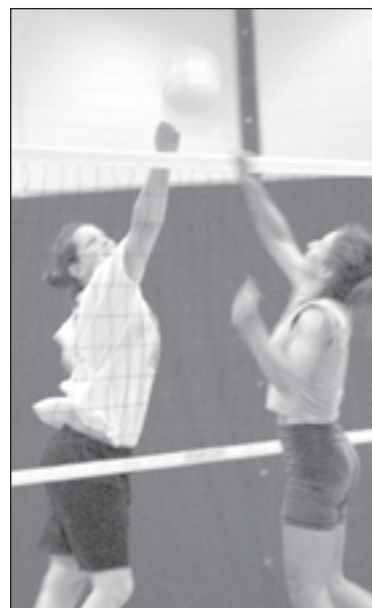
ESCA Escalante Community Center, 2150 E. Orange Street
KRC Kiwanis Recreation Center, 6111 S. All-America Way
LIB Tempe Library Building Board Room, 3500 S. Rural Road
PYLE Pyle Adult Center, 655 E. Southern Avenue

ORGANIZATIONAL MEETING

League	Location-Date-Time	Season
Men's Basketball	PAC-4/27/06, 7pm	5/31/06-7/27/06
Flag Football	TBA	Fall 2006
Women's Basketball	ESCA-7/19/06, 6:30pm	9/11/06-11/8/06
Co-Rec Soccer	PAC-TBA	9/6-11/15/2006
Slo-Pitch Softball	PAC-3/14/06, 7:30pm	5/1/06-7/16/06
Volleyball	See details this page.	

League fees will be announced at the organizational meeting. Visit us on the web at <http://www.tempe.gov/pkrec/sportspage/> or call 480-350-5200 for information or to add your name to a player pool list.

Sport	Fall	Winter	Spring	Summer
Softball	X	X	X	
Basketball (Women's)	X			
Basketball (Men's)	X	X		
Co-Rec Soccer	X	X		
Co-ed Kickball	X	X		
Flag Football	X			
Volleyball	X	X	X	



McClintock High School Adult Fitness-The McClintock High School state of the art fitness center is available for adult participation from 6am-7:30am, Monday-Friday when school is in session. Equipment includes free weights, weight machines, stationary bikes, treadmills and other fitness opportunities. A fitness room supervisor will be on duty to assist, instruct and offer consultation. Locker room and shower facilities are not available. The program is offered as a partnership between the City of Tempe and the Tempe Union High School District and is free of charge. For additional information call 480-350-5218.

Open Gym Volleyball-Bring your friends for a fun afternoon of bumping the ball around on our indoor climate controlled court. Fee: None.
16yrs+ Sa Ongoing 2-4:30pm ESCA

Registration dates for Fall Adult Volleyball Leagues:

Organizational meeting: Wednesday, Aug 9th at 7pm
Residents: 8/14/06 - 9/1/06

Non-Residents: 8/17/06 - 9/1/06

League dates: 9/12/06-10/25/06

Tournament dates: 11/7/06-11/15/06

Online information at <http://www.tempe.gov/pkrec/KRC/Volleyball/default.htm>